

# In 2010 resolve to...

- ✓ be safer
- ✓ be healthier
- ✓ work smarter
- ✓ grow
- ✓ be a better employee
- ✓ be a better manager
- ✓ drive safer
- ✓ reduce risk
- ✓ increase productivity
- ✓ **LEARN MORE!**

**THE STATE OF VERMONT WANTS TO HELP YOU  
KEEP YOUR RESOLUTIONS!**

STATE OF VERMONT ONLINE UNIVERSITY OFFERS A WEALTH OF COURSES DESIGNED TO  
HELP YOU LEARN AND GROW IN THE DIRECTIONS YOU WANT.

START THE NEW YEAR OFF WITH OUR **GENERAL ERGONOMICS** COURSE.  
YOU'LL LEARN RISK FACTORS AS WELL AS THE SIGNS AND SYMPTOMS OF  
MUSCULOSKELETAL DISORDERS (MSD) AND HOW TO PREVENT INJURY.

Visit [http://humanresources.vermont.gov/training/the\\_summit/online\\_courses](http://humanresources.vermont.gov/training/the_summit/online_courses)

